

Hartman Park Regional Community Center

2801 Tucker Road, Nashville, TN 37218 - 615-862-8479

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Winter 2017 Program Schedule Facility Coordinator Adrean Gregory Program Coordinator Richard Hassell Recreation Leaders & Lifeguards (*) Felissa Reese Shayla Humphreys Wesley Jackson Charles Moorman D'Aundrial Sanders Kenneth Beard William Mumphyrey Antwaun Majors* Aeniaah Southhall* Class Instructors Kyia Lewis Angela Ridley Hartman Staff Swim Lessons \$50.00 for 8 lessons For more information contact: Aquatics Coordinator Contee Harris Schedule is subject to change.	6:00am-8:00am Hartman Indoor Track Walkers Adult Open Gym (Basketball) 8:15am-9:15am Senior Body Pump 10:00am-11:00am Dance into Shape 12:00-2:00pm Adult Open Gym (Basketball) 10:00am-11:15am Lap Swim & Water Walking 11:15am-12:00pm Home School 12:00pm-12:45pm Open Swim 1:00am-2:00pm Pool Closed 3:00pm-6:00pm Elementary After-School Program 4:00pm-6:00pm NAZA 2:00pm-3:00pm Open Swim 4:00pm-6:00pm Metro Swim Team/NAZA 6:20pm-6:50pm Lap Swim 6:00pm-8:00pm Monday thru Friday Jr. Grizzlies Basketball Practice	6:00am-8:00am Hartman Indoor Track Walkers Adult Open Gym (Basketball) 9:30-10:15am Water Exercise Class (Senior) 10:30am-11:30pm Lap Swim/Water Walking 11:30am-12:30pm Open Swim 8:30am-9:30am (\$) Zumba Gold 9:00am-11:00am Exercise with Homeschoolers 11:00am-1:00pm Beginners Chess 1:00pm-2:00pm Pool Closed 2:00pm-3:00pm Open Swim 3:00pm-6:00pm Elementary After-School Program 4:00pm-6:00pm NAZA 5:00pm-6:00pm 4H Club (4 th -8 th graders) 3:30pm-5:00pm St. Pius X/Metro Swim Team 5:00pm-7:00pm Learn To Swim 6:20pm-7:00pm Adult Lap Swim 7:00pm-8:00pm (\$) KYIA Fit Zumba	6:00am-8:00am Hartman Indoor Track Walkers Adult Open Gym (Basketball) 8:15am-9:15am Senior Body Pump 10:00-11:00am Dance into Shape 12:00-2:00pm Adult Open Gym (Basketball) 10:00am-11:15am Lap Swim & Water Walking 11:15am-12:00pm Home School 12:00pm-12:45pm Open Swim 1:00am-2:00pm Pool Closed 3:00pm-6:00pm Elementary After-School Program 4:30pm-6:30pm NAZA 5:00pm-6:00pm Cub Scouts 2:00pm-3:15pm Open Swim 4:00pm-6:00pm After School/NAZA 6:00pm-7:30pm Chicago Stepping-Smooth Edge Community Steppers	6:00am-8:00am Hartman Indoor Track Walkers Adult Open Gym (Basketball) 6:30-8:30am Lap Swim & Water Walking (Senior) 9:15am-10:30am Water Exercise Class 10:45am-11:45am Open Swim 8:30am-9:30am (\$) Zumba Gold 10:00am-2:00pm Senior Table Games 9:00am-11:00am Exercise with Homeschoolers 12:00-2:00pm Adult Open Gym (Basketball) 2:00am-3:00pm Open Swim 3:00am-6:00pm Elementary After-School Program 4:00pm-6:00pm NAZA 3:00pm-4:30pm St Pius/Learn to Swim 4:30pm-6:15pm Learn to Swim 6:20pm-7:00pm Adult Lap Swim 7:00pm-8:00pm (\$) KYIA Fit Zumba	6:00am-8:00am Hartman Indoor Track Walkers Adult Open Gym (Basketball) 8:15am-9:15am Senior Body Pump 10:00am-11:00am Dance into Shape 11:00pm-1:30pm Senior Hartman Band 3:00pm-6:00pm Elementary After-School Program 6:00pm-7:15pm Family Open Gym	8:00am-9:30am LTS/Metro Swim Team 9:30am-10:15am Learn To Swim 10:15am-11:00am Lap Swim 11:00am-11:45am Open Swim 9:00am-12:00pm Jr. Grizzlies Youth Basketball Games Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Visit Pass (Fitness Center) Adult \$ 30.00 Youth & Senior \$20.00 10 Pass Fit Card (Classes) \$30.00  Find us on Facebook @ Hartman Park Regional Center  Revised 1-13-17